

What are Continuing Education Units (CEUs) and How Do I Find Them?

What are Continuing Education Units?

Continuing Education Units (or CEUs) are critical to maintaining professional knowledge in a career as a Certified Peer Support Specialist. CEUs include time spent learning about mental health, substance use, ethics, suicide prevention and Peer Support services. CEUs DO NOT include time spent in an employment and/or volunteer position. For the purposes of Utah CPSSs, CEUs are measured in hours (1 hour CEU per 1 hour time spent).

Where Can I Find Continuing Education Units?

Potential CEUs include (BUT ARE NOT LIMITED TO) the following:

Conferences - At the end of a conference, you will usually receive a certificate that includes the number of hours that you spent at the event. If there was a presentation in a particular area (such as Ethics or Suicide Prevention), make note of the details about that presentation since it will not be recorded on the certificate and you will need to track it.

Webinars – Internet learning opportunities may be free or may have an associated cost. There may be a certificate that you can print out at the end. If there is no certificate, or if you don't have access to a printer, record the details on a tracking sheet.

Workshops, Seminars, Presentations – This does not include work-related meetings UNLESS there is a specific presentation that lasts at least one hour. If a special presentation is arranged to teach your workgroup, then it could be included.

Self-Study – Individuals can choose to study an appropriate topic outside of a formal setting. Remember to document the title, objectives, hours and that it is self-study. A supervisor can sign off as the “instructor”.

Sample tracking sheet for Continuing Education Units (CEUs)

Date	Course Provider	Instructor	Course Title	Objectives	CEU Hours	Focus of Training
__/__/__						<input type="checkbox"/> Peer Support <input type="checkbox"/> Ethics <input type="checkbox"/> Suicide Prevention <input type="checkbox"/> Mental Health/Substance Use
__/__/__						<input type="checkbox"/> Peer Support <input type="checkbox"/> Ethics <input type="checkbox"/> Suicide Prevention <input type="checkbox"/> Mental Health/Substance Use
__/__/__						<input type="checkbox"/> Peer Support <input type="checkbox"/> Ethics <input type="checkbox"/> Suicide Prevention <input type="checkbox"/> Mental Health/Substance Use
__/__/__						<input type="checkbox"/> Peer Support <input type="checkbox"/> Ethics <input type="checkbox"/> Suicide Prevention <input type="checkbox"/> Mental Health/Substance Use
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